

Longwood 50+ Center

February 2017

Days of Operation: Tuesday 9:00am – 1:30pm

Wednesday 9:00am – 2:00pm



6150 Foreland Garth
Columbia MD 21045
410-313-7217
Director: Kari Weidner

www.howardcountyyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:30-4:00pm 1	2	3
6	中国运动 9:00am 步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 7	中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:30-4:00pm 8	9	10
13	中国运动 9:00am 步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 14	中国运动 9:00am 宾果 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:30-4:00pm 15	16	17
20	中国运动 9:00am 步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 21	中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:30-4:00pm 22	23	24
27	中国运动 9:00am 步行是适合 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 28			